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The mental health around the world is often neglected, especially in underdeveloped and developing countries, although it is a fundamental component of general health. Research has shown that one in four people in the world will be affected by mental or neurological disorders at some point in their lives. Around 450 million people currently suffer from such conditions, placing mental disorders among the leading causes of ill-health and disability worldwide. The COVID-19 pandemic has disrupted or halted critical mental health services in 93% of countries worldwide while the demand for mental health is increasing, according to a new WHO survey. Treatments are available, but nearly two-thirds of people with a known mental disorder never seek help from a health professional. Global insecurity that prevails in the world, unstable system of values on which the human community is based, war and war trauma, poverty and unemployment of parents, domestic violence, peer violence, natural disasters, migration, easy availability of psychoactive substances and other adverse environmental factors along the absence of timely detection of early symptoms of the disease, influenced the evident tendency of increased number of persons who have mental disorders and behavioral disorders. The need for psychotherapy approach is increasing particularly in these pandemic environments with the increasing demand for mental health services. Bereavement, isolation, loss of income and fear are triggering mental health conditions or exacerbating existing ones.

The Second EMDR Conference in Bosnia & Herzegovina (B&H) "From Education towards Supervision to Accreditation" with international participation was held in Sarajevo on November 24-25, 2018, organized by the Association of EMDR therapists in Bosnia and Herzegovina (UEMDRTuBiH). This was a good opportunity for EMDR practitioners and trainees to present their experiences during their training, supervision and getting EMDR accreditations for EMDR practitioners from EMDR Europe. This was an opportunity to discuss many topics related to this area; to consider the place and role of EMDR treatment in medicine and society; and to affirm a humanistic, holistic and personalized approach to individuals with mental health problems in the light of modern knowledge.

We sincerely hope that this conference marks the continuity of The First Conference in Bosnia and Herzegovina that we realized on 3<sup>rd</sup> and 4<sup>th</sup> November 2017

year, so it will be the cause of a number of significant professional and scientific manifestations that will take place in the future and attract numerous domestic and foreign experts. The Humanitarian Assistance Program UK & Ireland, today Trauma Aid UK, has helped educate over 120 psychotherapists from all parts of B&H in EMDR resulting in 11 accredited EMDR practitioners, two EMDR consultant and further colleagues in the process of consulting accreditation, as well as one trainer in training. Meanwhile, two of our members has become a European accredited practitioners for EMDR for children and adolescents.

Until this year 2020, the EMDR Association of Great Britain and Ireland represented us in EMDR Europe for the purpose of obtaining accreditation, guided us through supervision to achieve full member status of the European Association of EMDR with its representative in the Council of EMDR Europe. From this year we got our own Accreditation committee to keep the regulations of giving EMDR accreditation to our members.

I am convinced that this conference, in which we demonstrated again our experience and results of using EMDR so far, will strengthen our internal cohesion, to raise our skills to a higher level of professionalism and to continue our professional training through continuous professional development to the acquisition of new European EMDR accreditations for practitioners, consultants and trainers.

This is the best way to draw public attention to EMDR therapy, its effectiveness, importance, and usefulness in B&H and in the world. In the future, we hope to maintain excellent and fruitful cooperation with our friends from Great Britain, Europe and, other international communities, that will provide the progressive development of EMDR, one of the most effective psychotherapeutic methods, in our home country Bosnia and Herzegovina too.

The quality of the presented papers, the abundance of important information useful for mental health professionals, for patients and for the general public, was a strong motivation for us to ask the respected lecturers to adapt and prepare their papers in English and to publish them in the form of the supplement to the journal Psychiatria Danubina. We hope that these texts will be an incentive for new efforts and achievements in our daily work for the benefit of children, youth and the community as a whole.

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